AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

Scan for Venue Directions

DRAFT – ROUND 1 – PROGRAM 1

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 17th October 2026

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
1:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:15pm	1500 Metres	All Male & Female
2:30pm	100 Metres	All Female
2:40pm	100 Metres	All Male
3:00pm	3000 Metres ^^ ~~ 5000 Metres ^^ ~~	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female
3:40pm	400 Metres	All Male & All Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 3000m & 5000m will be run concurrently.

FIELD EVENTS

Draft Time	Pole Vault	Triple Jump	Shot Put	Javelin
1:00pm	Flight 1 **[min 1.40m]**	Flight 1 (if required)	Flight 1 (if required)	Flight 1
1:45pm		Flight 2	Flight 2	Flight 2 (if required)
2:30pm	Flight 2 **[min 1.40m]**	Flight 3	Flight 3	Flight 3
3:15pm		Flight 4	Flight 4	Flight 4
4:00pm				

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

Scan for Venue Directions

DRAFT – ROUND 2 – PROGRAM 2

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 24th October 2026

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
1:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:10pm	200 Metres	All Female
2:25pm	200 Metres	All Male
3:00pm	800 Metres	All Female & All Male
3:20pm	100 Metres	All Female
3:30pm	100 Metres	All Male
3:40pm	3000 Metres ^^ ~~ 5000 Metres ^^ ~~	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female
4:20pm	4x100 Metre Relay	All Female & All Male

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 3000m & 5000m will be run concurrently.

FIELD EVENTS

Draft Time	High Jump	Long Jump	Discus	Hammer
1:00pm	Flight 1 **[min 1.01m]**	Flight 1 (if required)	Flight 1	Flight 1
1:45pm		Flight 2	Flight 2 (if required)	
2:30pm	Flight 2 **[min 1.01m]**	Flight 3	Flight 3	
3:15pm	Flight 3 **[min 1.01m]**	Flight 4	Flight 4	
4:00pm				Flight 2 (if required)

Note: If only 1 flight of Hammer is required, Sheet 1 will be @ 1.00pm

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

Scan for Venue Directions

DRAFT – ROUND 3 – PROGRAM 1

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 31st October 2026

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
1:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:05pm	100 Metres	All Female
2:15pm	100 Metres	All Male
2:35pm	1500 Metres	All Male & Female
3:00pm	Mixed 4x100 Metre Relay	Mixed *(Refer AVSL Rule 4.10.6)*
3:20pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female U16/U14 Male & 60+/70+ Male
4:00pm	400 Metres	All Male & All Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

FIELD EVENTS

Draft Time	Pole Vault	Triple Jump	Shot Put	Javelin
1:00pm	Flight 1 **[min 1.40m]**	Flight 1 (if required)	Flight 1 (if required)	Flight 1
1:45pm		Flight 2	Flight 2	Flight 2 (if required)
2:30pm	Flight 2 **[min 1.40m]**	Flight 3	Flight 3	Flight 3
3:15pm		Flight 4	Flight 4	Flight 4
4:00pm				

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

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DRAFT – ROUND 4 – PROGRAM 2

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 7th November 2026

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
1:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:10pm	200 Metres	All Female
2:25pm	200 Metres	All Male
3:00pm	800 Metres	All Female & All Male
3:20pm	100 Metres	All Female
3:30pm	100 Metres	All Male
3:40pm	3000 Metres ^^ ~~ 5000 Metres ^^ ~~	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female
4:20pm	4x400 Metre Relay	All Female & All Male

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 3000m & 5000m will be run concurrently.

FIELD EVENTS

Draft Time	High Jump	Long Jump	Discus	Hammer
1:00pm	Flight 1 **[min 1.02m]**	Flight 1 (if required)	Flight 1	Flight 1
1:45pm		Flight 2	Flight 2 (if required)	
2:30pm	Flight 2 **[min 1.02m]**	Flight 3	Flight 3	
3:15pm	Flight 3 **[min 1.02m]**	Flight 4	Flight 4	
4:00pm				Flight 2 (if required)

Note: If only 1 flight of Hammer is required, Sheet 1 will be @ 1.00pm

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

Scan for Venue Directions

DRAFT – ROUND 5 – PROGRAM 1

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 14th November 2026

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
1:45pm	2000m Walk ** ## 5000m Walk ** ##	All Male & All Female All Male & All Female
2:15pm	1500 Metres	All Male & Female
2:50pm	100 Metres	All Female
3:00pm	100 Metres	All Male
3:20pm	3000 Metres ^^ ~~ 5000 Metres ^^ ~~	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female
4:00pm	400 Metres	All Male & All Female

*** The 2000m Walk & 5000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 2000m Walk & 5000m Walk will be run concurrently, starting from different start lines.

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 3000m & 5000m will be run concurrently.

FIELD EVENTS

Draft Time	Pole Vault	Triple Jump	Shot Put	Javelin
1:00pm	Flight 1 **[min 1.45m]**	Flight 1 (if required)	Flight 1 (if required)	Flight 1
1:45pm		Flight 2	Flight 2	Flight 2 (if required)
2:30pm	Flight 2 **[min 1.45m]**	Flight 3	Flight 3	Flight 3
3:15pm		Flight 4	Flight 4	Flight 4
4:00pm				

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

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DRAFT – ROUND 6 – PROGRAM 2

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 21st November 2026

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
1:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:10pm	200 Metres	All Female
2:25pm	200 Metres	All Male
3:00pm	800 Metres	All Female & All Male
3:20pm	100 Metres	All Female
3:30pm	100 Metres	All Male
3:40pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female U16/U14 Male & 60+/70+ Male
4:20pm	Mixed 4x400 Metre Relay	Mixed *(Refer AVSL Rule 4.10.6)*

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

FIELD EVENTS

Draft Time	High Jump	Long Jump	Discus	Hammer
1:00pm	Flight 1 **[min 1.03m]**	Flight 1 (if required)	Flight 1	Flight 1
1:45pm		Flight 2	Flight 2 (if required)	
2:30pm	Flight 2 **[min 1.03m]**	Flight 3	Flight 3	
3:15pm	Flight 3 **[min 1.03m]**	Flight 4	Flight 4	
4:00pm				Flight 2 (if required)

Note: If only 1 flight of Hammer is required, Sheet 1 will be @ 1.00pm

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

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Scan for Venue Directions

DRAFT – ROUND 7 – PROGRAM 1

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 28th November 2026

TRACK EVENTS

Draft Time	Event	Grades
4:30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
4:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
5:15pm	1500 Metres	All Male & Female
5:50pm	100 Metres	All Female
6:00pm	100 Metres	All Male
6:20pm	3000 Metres ^^ ~~ 5000 Metres ^^ ~~	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female
7:00pm	400 Metres	All Male & All Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 3000m & 5000m will be run concurrently.

FIELD EVENTS

Draft Time	Pole Vault	Triple Jump	Shot Put	Javelin
4:00pm	Flight 1 **[min 1.50m]**	Flight 1 (if required)	Flight 1 (if required)	Flight 1
4:45pm		Flight 2	Flight 2	Flight 2 (if required)
5:30pm	Flight 2 **[min 1.50m]**	Flight 3	Flight 3	Flight 3
6:15pm		Flight 4	Flight 4	Flight 4
7:00pm				

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

Scan for Venue Directions

DRAFT – ROUND 8 – PROGRAM 2

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 9th January 2027

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
1:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:10pm	200 Metres	All Female
2:25pm	200 Metres	All Male
3:00pm	800 Metres	All Female & All Male
3:20pm	100 Metres	All Female
3:30pm	100 Metres	All Male
3:40pm	3000 Metres ^^ ~~ 5000 Metres ^^ ~~	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 3000m & 5000m will be run concurrently.

FIELD EVENTS

Draft Time	High Jump	Long Jump	Discus	Hammer
1:00pm	Flight 1 **[min 1.04m]**	Flight 1 (if required)	Flight 1	Flight 1
1:45pm		Flight 2	Flight 2 (if required)	
2:30pm	Flight 2 **[min 1.04m]**	Flight 3	Flight 3	
3:15pm	Flight 3 **[min 1.04m]**	Flight 4	Flight 4	
4:00pm				Flight 2 (if required)

Note: If only 1 flight of Hammer is required, Sheet 1 will be @ 1.00pm

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

Scan for Venue Directions

DRAFT – ROUND 9 – PROGRAM 1

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 16th January 2027

TRACK EVENTS

Draft Time	Event	Grades
1:30pm	110 Metre Hurdles 100 Metre Hurdles 90 Metre Hurdles 80 Metre Hurdles	Open/U20/U18/40+ Male Open/U20/U18 Female & U16/50+/60+ Male U14 Male & U16 Female U14/40+/50+/60+/70+ Female & 70+ Male
1:45pm	1500m Walk ** ## 3000m Walk ** ##	All Male & All Female All Male & All Female
2:05pm	100 Metres	All Female
2:15pm	100 Metres	All Male
2:35pm	1500 Metres	All Male & Female
3:00pm	4x200 Metre Relay	All Male & Female
3:20pm	3000 Metres Steeple (0.914m) (Lanes 1-3) ^^	Open/U20 Male
	3000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.838m) (Lanes 1-3) ^^ ~~	40+/50+ Male U18 Male
	3000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~ 2000 Metres Steeple (0.762m) (Lanes 1-3) ^^ ~~	Open/U20 Female U18/U16/U14 Female & 40+/50+/60+/70+ Female U16/U14 Male & 60+/70+ Male
4:00pm	400 Metres	All Male & All Female

*** The 1500m Walk & 3000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 1500m Walk & 3000m Walk will be run concurrently, starting from different start lines.

^^ The 2000m Steeple & 3000m Steeple are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3

~~ The 2000m Steeple & 3000m Steeple for each hurdle height will be run concurrently, starting from different start lines

FIELD EVENTS

Draft Time	Pole Vault	Triple Jump	Shot Put	Javelin
1:00pm	Flight 1 **[min 1.55m]**	Flight 1 (if required)	Flight 1 (if required)	Flight 1
1:45pm		Flight 2	Flight 2	Flight 2 (if required)
2:30pm	Flight 2 **[min 1.55m]**	Flight 3	Flight 3	Flight 3
3:15pm		Flight 4	Flight 4	Flight 4
4:00pm				

AVSL TIMETABLE – BENDIGO

AS AT 30.10.26

All timetables featured are subject to change

Scan for Venue Directions

DRAFT – ROUND 10 – PROGRAM 2

VENUE: LAR BIRPA ATHLETICS COMPLEX, FLORA HILL

DATE: Saturday 6th February 2027

TRACK EVENTS

Draft Time	Event	Grades
5:30pm	400 Metre Hurdles 300 Metre Hurdles 200 Metre Hurdles	Open/U20/U18/40+/50+ Male & Open/U20/U18/40+ Female 60+/70+ Male & 50+/60+/70+ Female U16/U14 Male & U16/U14 Female
5:45pm	2000m Walk ** ## 5000m Walk ** ##	All Male & All Female All Male & All Female
6:10pm	200 Metres	All Female
6:25pm	200 Metres	All Male
7:00pm	800 Metres	All Female & All Male
7:20pm	100 Metres	All Female
7:30pm	100 Metres	All Male
7:40pm	3000 Metres ^^ ~~ 5000 Metres ^^ ~~	All Male & All Female Open/U20/40+/50+/60+/70+ Male & Female

*** The 2000m Walk & 5000m Walk are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)*

The 2000m Walk & 5000m Walk will be run concurrently, starting from different start lines.

^^ The 3000m & 5000m are considered the same event, and athletes can only enter one or the other. (Refer AVSL Rule 5.3)

~~ The 3000m & 5000m will be run concurrently.

FIELD EVENTS

Draft Time	High Jump	Long Jump	Discus	Hammer
5:00pm	Flight 1 **[min 1.05m]**	Flight 1 (if required)	Flight 1	Flight 1
5:45pm		Flight 2	Flight 2 (if required)	
6:30pm	Flight 2 **[min 1.05m]**	Flight 3	Flight 3	
6:15pm	Flight 3 **[min 1.05m]**	Flight 4	Flight 4	
7:00pm				Flight 2 (if required)

Note: If only 1 flight of Hammer is required, Sheet 1 will be @ 1.00pm